

BREAST CANCER Early Detection

1. **Know your risk**
2. **Get screened**
3. **Talk to a doctor or nurse today!**

What puts a woman at risk for breast cancer?

The top 2 risk factors for breast cancer are: Being a woman and getting older. Therefore, it is important for all women, 40 years and older, to get screened for breast cancer.

How does a woman get screened for breast cancer?

There are two screenings tests which women should have: a clinical breast exam and a mammogram. A *clinical breast exam* is performed by a doctor and can find breast abnormalities early. A *mammogram* is a low-dose X-ray picture of the breast. These X-rays complement the clinical breast exam and can help detect breast cancer at an early stage when it can best be treated.

Who should get screened?

All women are at risk of developing breast cancer, but each woman's personal risk is individual. Therefore, every woman should talk to her healthcare provider, doctor, or nurse, about how and when she should be screened for breast cancer. The provider will take many factors into account when discussing screening recommendations with their patient. A woman's risk for breast cancer can change over time, so screening recommendations should be an on-going conversation between a woman and her healthcare provider.

Talk to a doctor or nurse today to find out more about your personal risk for breast cancer! If you need information about healthcare providers near you, contact 1-800-477-9774.